

Duke



Dispatch

Vol. 4

1st Sgt, wife meet area's
niche coffee needs

WLC leaves
Fort Knox



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Sgt. Brandon Sandefur, Headquarters and Headquarters Company, 3rd Brigade Combat Team, 1st Infantry Division attempts to tighten a chokehold on his opponent during the All Army Combatives Championships Tournament at Fort Benning, Ga. Sandefur's record was 4-2 during the competition. Spc. Matthew Mosall, Higher Headquarters Battery, 1st Battalion, 6th Field Artillery was the other contestant from 3/1 to compete in the tournament and went 2-2.

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Looking for the Duke Brigade?

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Commander's Corner

Col. Christopher Toner
3/1 IBCT, Commander

I'd like to take a moment to talk about our Family. Every Soldier has Family they can rely on, whether they be our brothers and sisters in the ranks; or the mothers, fathers, sons, daughters, husbands or wives that love us. As our deployment to Afghanistan looms closer, our brigade faces a profound but surmountable challenge. In order for the Duke Brigade to truly be successful in our upcoming mission, all the members of our Family must work together as a unit.

The key to any healthy Family – whether a pair of newlyweds, a Family of five, or a 3,500 Soldier strong brigade combat team – is communication. I simply cannot stress the importance of good communication enough. We are preparing to enter into a year-long combat situation fraught with uncertainty. Any lack of information flow between our deployed Soldiers and Families back home can cause confusion, doubt or worry. Make no mistake; after a year of training the Duke Brigade is ready for our upcoming tour. But even with the best preparation, and all precautions taken, anything

can happen. That is why it is crucial that our Soldiers downrange and our Families at home are furnished with accurate and timely information.

Living in the age of social media, we are subjected to a barrage of dubious information from often questionable sources. And while outlets like personal Facebook pages are excellent avenues for loved ones to connect while apart, the ease with which rumors can spread on such sites makes them of little use in putting out official information. That is why each unit has a Family Readiness Group, the best way to ensure that our official lines of communication are constantly open.

Unit FRGs provide mutual support and assistance to military Family members. They form the connection between the Soldier, the unit, and the Family in order to put out all relevant information regarding the deployment. They also serve as social networks in their own right that link people dealing with the stresses of deployment.

We also have a virtual FRG at www.armyfrg.org. It only takes about five minutes to sign up, but the resources it provides will remain useful throughout our tour, and beyond. The vFRG takes all the functions



of a traditional FRG and places them in an online setting. And because it's online, it can link up distant Family members who may not be able to attend FRG meetings. It also serves as a repository for information on the brigade like photos, phone lists and many other resources for Families separated by deployment. Please refer to Ally Reese's column on page 19 for more information on signing up for the 3/1 vFRG.

Long separations can put a lot of strain on Family members. Additionally, everyday stresses like shopping or making dinner can be compounded simply by that separation. Consistent communication can certainly help alleviate this feeling, but further support is always available. Again, your FRG is a great asset for the spouse staying behind in dealing with emotional stress. Other members of the FRG may have more experience in these types of situations, and they can serve as strong pillars of support.

Another website dedicated to helping Soldiers and Families get through long deployments is Military One Source, at www.militaryonesource.com. Here you can find countless resources to assist with anything from dealing with spending a year at home with the kids while your spouse is deployed to managing your finances.

Spending time apart from loved ones is no easy task, even in the best of circumstances. Adding the combat zone variable into the equation makes the trial even more challenging. But Duke Families are strong and ready for what lies ahead. We have countless avenues of support available to our deployed Soldiers and our Families staying behind. By working together as Soldiers, Family members and units, we can overcome any obstacle and make our deployment successful and rewarding.

Duty First! ■

Voice of the CSM

Command Sgt. Maj. Drew Pumarejo
3/1 IBCT Command Sgt. Maj.

Duke Families are strong, ready Families. And with our deployment to Afghanistan approaching, now is the time to further strengthen and prepare ourselves for the separation we are all about to experience.

Fortunately, no one has to do this on their own. The Duke Brigade and Fort Knox offer many resources for Families

preparing to endure the hardship of deployment, whether for the first time or the fifth time. Participating in these groups

and events can only strengthen the bond between Families.

As Col. Toner said in his column, the best assets available for all Family-related information sharing and support are your unit Family Readiness Groups. These allow you

to stay connected with up to date information about your unit and connect with others going through the same stresses brought on by deployment. If you're not already a member of your unit FRG, you can join by contacting your unit FRG representative, listed in Ally Reese's column on page 19.

All units will be conducting pre-deployment briefings specifically for the Family. Even if your Family has experienced a deployment before, these information sessions will be useful for putting out information

What could be a better comfort during a year apart than fond memories of time spent together at home?

–Command Sgt. Maj. Drew Pumarejo

specific to your unit, as well as tips and advice you may

not have heard before. It can also be another good opportunity for the Families staying around Fort Knox to meet others in their unit.

We all conduct thorough pre-combat checklists and inspections to ensure the



safety of our Soldiers before going out on a mission; doesn't it make sense to do the same thing to protect our Families? Creating a pre-deployment checklist is also an excellent way to ensure all your bases are covered before you leave. Simple things like setting up powers of attorney and organizing your Family's financial information are much easier to do before leaving. Our virtual FRG site, found at www.armyfrg.org has a thorough checklist you can fill out yourself and store in your own personal files. More information on signing up for the vFRG can be found in Ally Reese's column.

Ensuring that your Family has a plan in place in case of emergencies is also a crucial step in deployment preparation. In the unfortunate event of a Family emergency, correct contact information is critical in easing the information flow between the Soldier, the Family, and the unit. Also, in the event of injury or illness, it's important to have a plan in place to ensure your children are supervised and taken care of.

Many opportunities to attend classes or training events on separation are offered by the unit and post agencies. These classes can be held either in person or online, and are great ways to keep your Family bonds strong and ready.

Finally, I'd like to highlight the single most important thing you can do to prepare yourself and your Family for the separation that deployment brings. Spend time together! Over the last few months we have been training pretty hard and working some long nights, but that should ease in October and November, as our training schedule lightens and we start to see more long weekends. Take this opportunity to just be with your Family. After all, what could be a better comfort during a year apart than fond memories of time spent together at home?

Duty First! ■



Photo by Staff Sgt. Ben Navratil

Soldiers and their spouses watch the change of command ceremony for the 1st Battalion, 26th Infantry Regiment at Brooks Field on Fort Knox, Ky., Friday, Sept. 17. The ceremony was held to transfer command of the battalion from Lt. Col. Brock Jones to Lt. Col. Jesse Pearson.



Photo by Susan Johnson

A Soldier and his family sit in a truck as Grand Marshalls at the Cecilia Day parade August 14. The Cecilia Ruritan Club made several Soldiers and their families Grand Marshalls of the parade to honor their commitment to the country and to recognize the sacrifices they have made for its citizens.

Chaplain's Word

Family: the foundation of our society

By Chaplain (Maj.) Mike Nishimura

As we start to feel the chill in the air and see autumn colors on our trees, we are fast approaching the time of year when many Families traditionally get together to celebrate different holidays

and occasions. I am looking forward to special times with my Family, especially this year before our upcoming deployment.

How do you celebrate Family? What does Family mean to you? Much research has been done on the subject. The word "Family" usually refers to people related

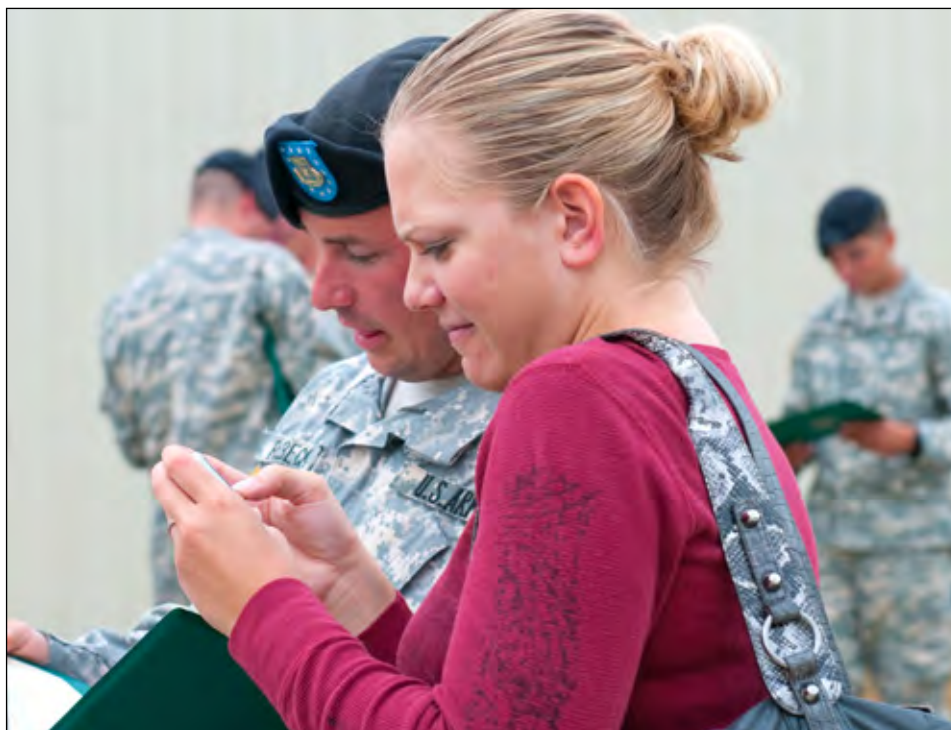
to one another by blood. However, people sometimes describe their closest friends as Family although they are not related by blood. Whatever your definition may be, the bottom line for me is that the Family is the foundational and fundamental unit in

our society.

Society reflects how individual Families deal with issues and with one another.

—Chaplain (Maj.) Mike Nishimura

For the most part, the society reflects how individual Families deal with issues and with one another. So, it becomes important to consider how Families treat each other. In recent months, focused effort is being



Spc. Tre Robeck, a combat engineer with Company A, Special Troops Battalion, 3rd Infantry Brigade Combat Team, 1st Infantry Division, and his wife, Cindy, examine his award certificate after the STB's award ceremony held Thursday, Sep. 9, 2010. Awards were presented to Soldiers of the STB who went above and beyond the call of duty during the unit's rotation at the National Training Center at Fort Irwin, Calif.



made to implement the Comprehensive Soldier Fitness Program in the Army, and the Family is being targeted specifically. I believe this focus on the Family is also related to another aspect of the CSFP: spirituality, and how we nurture our Family spiritually so they might develop resilience to deal with difficulties in life, and be able to bounce back later.

As I turn to the Hebrew Scripture for guidance, there is a specific instruction related to the Family: "These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates." (Deut. 6:6-9, NIV)

As parents we have a mandate to teach and to guide our Families spiritually so that their beliefs move from the external to the internal. Our objective is that our spiritual lives would become a daily part of our lives and that God would transform the mundane events of Family life into opportunities to experience unity and closeness on a spiritual level.

Is your home a place where your Family is being nurtured and instructed? Is it a place of spiritual growth for both adults and children? I hope so, because I believe that will translate into resilience.

As we gather together as Families for the upcoming holiday season, let us remember to nurture our faith and traditions so that our children will be afforded an opportunity to develop their own spiritual resilience.

Happy Family time! ■

Training *for* chemical attacks

Story by Capt. Kenneth Hoover
201st BSB Intelligence Officer

Soldiers from the 201st Brigade Support Battalion, 3rd Infantry Brigade Combat Team, 1st Infantry Division, conducted Chemical, Biological, Radiological, Nuclear, and Explosive training on Fort Knox, Ky., Sept. 25.

CBRNE training is an annual requirement passed down by Headquarters Department of the Army and Forces Command. All units are required to perform such tasks before deploying to any combat zone.

Sgt. 1st Class Lujan Williams, the non-commissioned officer in charge of CBRNE operations in Headquarters and Headquarters Company, 201st BSB, led the training, assisted by a small section of his CBRNE Soldiers.

"I believe that once each Soldier understands the basics of CBRNE defense and application, individually and collectively, it will allow the unit to properly counter CBRNE threats," Williams said.

The training was conducted by incorporating a round-robin platform, providing Soldiers multiple training stations on different topics in field and classroom environments.

Before any of the Soldiers got to go through the classroom training, however, they had to first survive the "Gas Chamber," which, as it sounds, is a small

hut that can be filled with tear gas. Soldiers enter with their masks on, but once inside they are told to remove, and then replace them. This allows them to understand the importance of clearing any toxins from the mask, as well as adding the stress of completing the required tasks while in an adverse environment.

Many Soldiers admitted they were nervous prior to entering the chamber.

"I knew it would be uncomfortable," said PFC Nancy Hernandez, a medic from Company C, 201st BSB, "but it would better prepare me in the event of an actual CBRNE attack."

Having both the Gas Chamber exercise and classroom instruction allowed the unit to focus on all the fundamentals of CBRNE operations, namely the proper wear of protective equipment, how to properly report a CBRNE attack, and how to use decontamination kit to clean themselves and their equipment after an attack.

"We don't always get a golden opportunity to train on the basic Soldier tasks; but when we do, we try to maximize every aspect of the training," said Williams, as the training came to a close. ■



Blue Spaders welcome new commander

Story by Sgt. John P. Zumer
3/1 IBCT Public Affairs

Blue skies, music, delightful weather and hundreds of Soldiers represent an ideal recipe for military events staged for spectators and participants. Those ingredients were in abundance Friday, Sept. 17, and they made for a fitting change of command ceremony as the 3rd Brigade Combat Team, 1st Infantry Division based at Fort Knox, Ky., welcomed a new battalion commander.

Lt. Col. Jesse T. Pearson assumed command of the 1st Battalion, 26th Infantry Regiment, also known as the “Blue Spaders,” from Lt. Col. Brock Jones at a Fort Knox ceremony held at Brooks Field. Under a beautiful September sky and with the sounds of the 113th Army Band ringing out, the Duke Brigade honored the past, while charting a path to an even more glorious and decorated future. The significance of it all wasn’t lost on Col. Chris Toner.

Toner, 3/1 commander, made welcoming comments and thanked Jones for his strong leadership of the 1-26. More importantly, he noted what Jones left behind, especially with a Duke Brigade deployment to Afghanistan looming.

The “Blue Spaders will aggressively take the fight to the enemy,” said Toner, adding that Jones, along with the help of his company commanders and junior leaders, played pivotal roles over the last year. They helped to stand-up the battalion during the transition from Fort Hood, Texas, to Fort Knox, and have led the charge with twelve months of detailed and intense training, Toner said. Such training included marksmanship, situational training exercises, cultural training to prepare for an Afghanistan deployment, Family Readiness Group activities and the fielding of large amounts of equipment.

Much of the success 1-26 recently enjoyed at the National Training Center at Fort Irwin, Calif., was also attributable to the passion, leadership and professionalism of Jones, said Toner.

“I’m so very proud of you and what you represent,” said Toner.

Jones, who is heading to the Pentagon to work in the counter-terrorism office, was appreciative, but quick to assign credit elsewhere.

The Blue Spaders represented “The epitome of professional Soldiers and warriors,” he said, noting that much of his success was due to the support of Family members that helped keep the morale of their Soldiers up. Jones also thanked the Blue Spader Association, a veteran’s group of former 1-26 Soldiers, for their legacy that served as inspiration to his men.

Pearson’s last assignment prior to assuming command of 1-26 was at the Joint Readiness Training Center in Fort Polk, La., where he served as the Brigade S-3 Observer Controller on the Brigade C2 Team. He received his commission in 1993 after graduating with a Bachelor of Science degree in biochemistry from Carnegie Mellon University in Pittsburgh, Pa.

“I look forward to our service together,” Pearson said to his new Blue Spader Soldiers, but the message was equally appropriate for a special guest in the audience.

After the ceremony, Pearson said “It’s the greatest honor of my life to have been selected to command these amazing Soldiers,” noting the battalion he inherits is fully trained to accomplish any mission on its upcoming deployment to Afghanistan.

“We just feel blessed to be here today,” he added.

The importance of the occasion wasn’t lost on Lt. Gen. John Brown III (Ret.) either, who serves as the honorary colonel of the regiment. Brown journeyed from his northern Virginia home to attend the ceremony. He credited his service in the 1-26 at the beginning of his 39-year military career for much of the success that followed.

“If you can’t get excited about the men standing out there on the field, you need your blood pressure tested,” said Brown. ■



Photo by Sgt. John Zumer

A Soldier from the 113th Army Band salutes during the change of command ceremony at Brooks Field on Fort Knox, Ky., Friday, Sept. 17.



Photo by Staff Sgt. Ben Navratil

Top- A Soldier from the 1st Battalion, 26th Infantry Regiment hands flowers to a woman, Friday, Sept. 17 at Fort Knox, Ky.

Left- Soldiers from the 1st Battalion, 26th Infantry Regiment, carry flowers for the change of command ceremony at Brooks Field on Fort Knox, Ky., Friday, Sept. 17.

Bottom- Lt. Col. Jesse Pearson accepts the colors of the 1st Battalion, 26th Infantry Regiment at the battalion change of command ceremony at Brooks Field on Fort Knox, Ky., Friday, Sept. 17. The passing of the colors is symbolic of the transfer of command responsibilities from the former battalion commander to the new one.



Photo by Staff Sgt. Ben Navratil



Photo by Staff Sgt. Ben Navratil

WLC leaves Fort Knox

Story by Sgt. John Zumer
3/1 IBCT Public Affairs

It's been known by several names over the years, but through it all there was one constant; Soldiers learning how to become sergeants while becoming even better Soldiers. With the graduation of the last Warrior Leader Course at Fort Knox, Ky. on Tuesday, Sept. 28, that unique learning experience must now be obtained elsewhere.

WLC, formerly known as the Primary Leadership Development Course until an Army-wide name change in 2005, represents a formal step toward becoming a quality non-commissioned officer. The course is open to sergeants and select junior enlisted members recommended by their units. During the 17-day cycle of intensive learning, students learn the basics of what it means to be a non-commissioned officer.

Material covered at WLC includes conducting a physical training session, land navigation and training on equal opportunity and Soldier counseling. Students also learn how to react under fire while leading squad-size elements, and the necessary steps to take in briefing Soldiers before committing them to dangerous missions.

WLC has been offered at Fort Knox for years, said 1st Sgt. Kenneth R. Franco, division chief of the WLC Academy here. On average, 140 students per cycle have graduated in recent years, Franco said, adding that WLC is ending here in part because of the BRAC (Base Realignment and Closure) Act. That piece of federal legislation has attempted to streamline facilities and functions across the Department of Defense, with the result being many installations and programs are on the chopping block to increase efficiencies and reduce expenses. Units based at Fort Knox will send their NCO candidates elsewhere in the future, with the location being dependent on many factors, including what command the units fall under.

As the final cycle drew to a close, students found themselves at the Tobacco Leaf Lake Training area on Sept. 22 for one of the long-time staples of WLC: land navigation. The students had a morning walk-through with cadre to familiarize themselves on standard terrain features and to learn the boundaries of the course. A quick Meal-Ready-To-Eat for lunch preceded the final briefing before the students headed out on the course.

Students had three hours and 15 minutes to find at least three of four points on the practical exercise. Once successful, they had the option of not taking the actual test, or the re-test, both of which were scheduled for the following day.

Spc. Cordero Ortiz, an infantryman with Bravo Company, 1st Battalion, 26th Infantry Regiment of the 3rd Infantry Brigade Combat Team, 1st Infantry Division not only completed the course, but actually finished first among all students with a time barely surpassing one hour. He credited much of his land navigation success to frequent training sessions with his unit, although his time at WLC

was helpful in one important regard.

"It's all mental, but having to get back into a training situation is a different adjustment," said Ortiz, comparing the learning environment with his unit to WLC.

This final WLC cycle was like the others that came before it, in that young Soldiers learned many of the lessons that will make them competent non-commissioned officers. Perhaps more remarkable and telling, however, is that students aren't the only ones who found WLC to be an invaluable laboratory for new ideas and perspectives.

Staff Sgt. Billy Harris, a WLC instructor and infantryman, spent two years teaching at Fort Knox. While he will be returning to Fort Lewis, Wash., shortly, he was quick to point out some of the frequently overlooked aspects of the course. Those curriculum aspects may not have been apparent or intended when drawing up lesson plans for WLC, but perhaps they've assumed equal importance when thinking about Soldier development across the Army.

"You learn what right is," said Harris, referring to teaching a standard to students for so long that it automatically becomes a part of the instructor as well.

Teaching students for cycle after cycle may at times be repetitive, said Harris, "but it's fun." As students marched out to find their

points on the land navigation course, Harris reflected on how using a compass and protractor may not be natural for a generation of students that is accustomed to using satellite systems to help them navigate or find their way.

"It's a dying art, but they need to bring it back," he said.

Staff Sgt. Terrence Sizemore, a WLC instructor with a motor transportation background, echoed Harris, adding that teaching students was instrumental in showing him a different side of what it means to be an NCO. Specifically, not just addressing subordinates, but having the knowledge to deal with any questions that inquisitive students might have.

"How can we train our Soldiers if we don't know how to do these things ourselves?" said Sizemore.

As the curtain draws to a close with the last WLC cycle that Fort Knox is likely to ever see, instructors and students see a unique learning experience fading away. Students learned about the many roles, responsibilities, and skills necessary to become disciplined, confident and competent non-commissioned officers, while instructors took away unexpected insights for their own good and the good of the Army. That knowledge carried by students and instructors into the future is perhaps the final, fitting legacy of WLC at Fort Knox. ■

lessons remain



Photo by Sgt. John Zumer

Top- Spc. Paul C. Southworth, a water treatment specialist with the 201st Brigade Support Battalion, plots land navigation coordinates on a map, Wednesday, Sept. 22 at Fort Knox, Ky. Southworth is a student in the Warrior Leader Course, which provides classroom and laboratory instruction on becoming a non-commissioned officer.

Opposite- Spc. William Berdan, a cannon crewmember with Alpha Battery, 1st Battalion, 6th Field Artillery Regiment plots land navigation coordinates on a map, Wednesday, Sept. 22 at Fort Knox, Ky.



Photo by Sgt. John Zumer

Recognizing excellence: STB, 1-26 reward Soldiers for going above and beyond

Lt. Col. Ryan Janovic, commander of the Special Troops Battalion, 3/1 Infantry Brigade Combat Team, salutes Pvt. Jonathan Wason, an infantryman with Headquarters and Headquarters Company, 3/1 IBCT, before awarding him an Army Achievement Medal



Photos by Staff Sgt. Ben Navratil



Above Right- Col. Christopher Toner, commander of the 3rd Brigade Combat Team, 1st Infantry Division, awards an Army Achievement Medal to a soldier at the Special Troops Battalion awards ceremony, Thursday, Sept. 9, 2010.

Above Left- Col. Christopher Toner, commander of the 3rd Brigade Combat Team, 1st Infantry Division, awards an Army Commendation Medal to 1st Lt. Justin Walsh, a Soldier in Headquarters and Headquarters Company, 1st Battalion, 26th Infantry Regiment for his services to the unit during 3/1's rotation at the National Training Center in August, 2010.



Left- Spc. Daniel Dubose, a Soldier in Company Alpha, 1st Battalion, 26th Infantry Regiment, salutes Maj. Joseph Palaoro, executive officer of 1-26, after receiving an Army Achievement Medal for his efforts during the 3rd Brigade, 1st Infantry Division's rotation at the National Training Center in August, 2010.

Cecilia community reaches out to Soldiers

Story and photo by Spc. Tobey White
3/1 IBCT Public Affairs

As the parade passes by, spectators begin clapping as a simple float, little more than a trailer pulled behind a truck, rolls by. Decorated with red, white and blue ribbons, its occupants sit on bales of hay. On the side of the truck a sign announces its passengers as "Cecilia's Active Service Members."

As the Grand Marshalls of the Cecilia Day Parade on August 14 in Cecilia, Ky., the occupants of the float, eight local Soldiers and their Families, wave to the cheering crowd.

The Cecilia Ruritan Club made the Soldiers and their Families their parade's Grand Marshalls as a way to honor their commitment to the country and to recognize the sacrifices they have made for its citizens, said Greg Lowe, president of the Cecilia Ruritan Club.

The club raises money for various projects such as sidewalks, street lights and scholarships. Since Cecilia is not an incorporated town, and has no mayor, the club is designed to make Cecilia a better place to live, Lowe said.

The Cecilia Ruritan club had reached out to service members in the area with the goal of making them feel welcome in a community that is 30 miles from Fort Knox, said Lowe.

Because of the distance from Fort Knox, the Families don't have easy access to the infrastructure of a Family support group. One of the goals of the club is to provide points of contact to the families so if they need local help they have someone to reach out to, said Lowe.

When Col. Christopher Toner, commander of the 3rd Brigade Combat Team, 1st Infantry Division, briefed the club about the military Families and single Soldiers living in the area, Lowe and his fellow club members decided they needed to do everything they could to make those Soldiers feel welcome in the area, Lowe said.

For Lowe, making the Soldiers feel at home in the community has a deeper meaning. "I wore the green suit for 30 years and I know what it feels like to have civilians feel stand-offish," Lowe said. "I wanted the Soldiers to feel at home."

Members of the club put together a welcome packet including contact numbers for club members, an explanation of the club and a packet of information about the community. Included in the kit were loaves of banana bread baked by one of the club members, Lowe said.

When Keith Taul, a department manager HGC Glass Company and a member of the club, and his wife Megan were handed an address for a Family just three miles down the road, they saw it as a chance to help their young neighbors from California feel at home, Taul said.

"I just thought about how if my children were out in California we'd want someone to help them out," Taul said.

After delivering the welcome basket, Taul and his wife got to know Brandon and Therese Lopez. They found out the husband liked fishing so they offered the use of the pond on their property and spent time fishing with Brandon and his son.

The Tauls also invited the Lopez Family over to dinner. Since the Taul's didn't know a lot of people who had recently deployed to Iraq, sitting down and talking with the Soldier about his experiences were eye opening, said Taul.

"My goal is for them to feel at home and to see people care about them and appreciate what they have done," Taul said.

Although living in a new place can be stressful for both service members and Family members, the Cecilia Ruritan Club seeks to ease the minds of military members in the area.

They want to reach out to military Families and help establish a connection between them and the surrounding communities, said Lowe. ■

A double shot of flavor



Story and photos by Spc. Tobey White
3/1 IBCT Public Affairs

It is midnight, and 1st Sgt. Matthew Selp of Blackfoot Troop, 6th Squadron, 4th Cavalry Regiment is brewing coffee after a long day at work. Although Selp is a veteran of the late work night, this time is different. This time, he is brewing coffee to donate to the Rotary Pancake breakfast in Elizabethtown, Ky., on behalf of Bearclaw, the coffee shop he owns with his wife Krista Selp, a market research analyst for accessions command.

Along with Marwan Alsaed, the day-to-day manager, Matt worked until 6 a.m., brewing coffee a half gallon at a time. Every Soldier can tell you of the period in the early hours of the morning where staying awake is a combination of willpower, adrenaline and coffee. For Matt the experience was akin to pulling a combat patrol in Iraq, minus the bullets.

As the aroma of freshly brewed coffee permeates the shop, they end with 60 gallons of coffee which makes approximately 850 cups.

The Brains

When the Selps moved to Fort Knox, Ky., in May of 2007, Krista commented on the lack of big coffee chains in the surrounding areas and brought up the idea of starting their own coffee shop. She'd gotten hooked on coffee while they were living in Fort Hood, Texas, and wanted a good place to get a cup of joe, she said.

A month later Krista called Matthew with a list of potential franchises they could go with for their coffee shop. They used VetFran, an organization which helps veterans get discounts to start businesses.

From there Krista said she locked herself in a room for a month to write the business plan for the store. They had to get the approval from Matt's unit as well as secure loans from the bank.

The Selps encountered many challenges that first year. A month after they signed the contract the economy crashed, Matt said.

The franchise they'd chosen didn't have the core infrastructure they had been hoping for, Krista said. In January of 2009 their supplier went out of business, leaving the store to fend for itself to get the product it needed to operate.

"They told us to order as much as possible and try to survive as best we could," Krista said.

Surviving meant finding local vendors, some of whom were cheaper than their previous supplier. Even then, they still ran out of supplies on occasion, said Krista.



Having kids didn’t make things any easier for the Selphs. Family time had to be incorporated into time spent at the store, Krista said.

“There was a lot of battle handoff with the kids,” Matt said.

One parent would watch the children while the other took care of the store or their daytime jobs. Later they would switch so the children and the store each got the attention they needed, Krista said.

There were nights where the children slept in their pajamas out on the couches of the store while the adults took care of inventory. Other nights Krista would put the kids to bed then work on the books until 11 p.m., she added.

Even with all the challenges, Krista finds a sense of fulfillment with the store. Now when she travels for business she compares their roasts to the Bearclaw’s.

“When times are rough, I know there are nine people who have a job because of me,” Krista said. “I also get a good cup of coffee out of it without having to get out of my car.”

The Backbone

From first sergeant to coffee guru seems like a big leap, but for Matt the transition wouldn’t be possible without the leadership skills instilled in him by the Army.

Opening Bearclaw took a lot of hard work on both Krista and Matt’s parts. Nothing came easy as they struggled to get their business off the ground. Two weeks before the store’s open-

Marwan Alsaed, Bearclaw’s store manager, prepares a cup of coffee on Friday, Sept. 24 in Radcliff, Ky.

ing Matt was promoted to first sergeant and transferred to a basic training unit. Often he was in to work at his unit at 5 a.m. and didn’t leave until 7 or 8 p.m. From work he would spend an hour or two at the store.

He’d spend the weekend at the store as well, inventorying items as well as doing spot checks on the operation, he said.

Matt credited his ability to be a Soldier, a father and a business owner all at the same time to his experiences as a non-commissioned officer.

As a first sergeant, he has to deal with multiple things at a time, which comes in handy when dealing with a business that has a lot of moving parts, Matt added.

“Being in the Army teaches you to multitask, whether you want to or not,” said Matt.

Those skills were refined in the NCO education system, a series of schools that NCOs must attend as they increase in rank. Some schools he attended include Warrior Leader Course, Advance Leader Course and the First Sergeants Course.

These schools helped make him well rounded and increased his ability to manage personnel and maintain a property account, Matt said.

Running Bearclaw is simpler in some aspects then running his troop, as there are a lot less moving parts. Instead of 150 Soldiers to keep track of, he has to keep tabs on nine civilians.

While there are fewer people he has to keep track of at the store,



Top- Two customers enjoy a conversation on couches at Bearclaw, Friday, Sept. 24 in Radcliff, Ky. The store incorporated drink recipes employees and customers have devised into their menu.

Bottom- 1st Sgt. Matthew Selph of Blackfoot Troop, 6th Squadron, 4th Cavalry Regiment, and his wife Krista Selph, a market research analyst for accessions command, go over bills for their store Bearclaw, Tuesday, Oct.14, in Radcliff, Ky.

the civilians come with their own problems and concerns so there is a different work dynamic. It’s not the Army where if you’re late to formation you have an NCO prepared to help you remember to be on time next time, Matt said.

With Matt’s unit preparing to deploy to Afghanistan, the two are preparing for the rigors the year apart will bring. Right now, they share responsibility for the store. Once Matt leaves, the full weight of tasks will rest on Krista’s shoulders, she said.

“I’m dreading the upcoming year,” Krista said.

The two had a dry run of what that year will entail, when Matt’s unit was at the National Training Center in Fort Irwin, Calif. for the month of August. To cope, Krista called a meeting for the employees to make sure everybody was on the same page, Krista said.

Although owning a store can be tiring and eats up a lot of time, the Selphs find enjoyment in providing their fellow Soldiers with coffee, Matt said.

“I couldn’t have done this if I hadn’t been a Soldier,” Matt said.

The Brawn

For help in the day-to-day managing of the store they employ Matt’s former Iraq interpreter Marwan Alsaed, affectionately known as Big Mac. The two have a tight bond, as close as brothers, both Alsaed and Matt said.



Marwan Alsaed, Bearclaw’s store manager, brushes ground coffee beans from a scoop, Friday, Sept. 24 in Radcliff, Ky. Alsaed had served as Matt’s interpreter in Iraq and later immigrated to the states.

While in Iraq, Matt went on more than 300 combat patrols. Of those patrols Alsaed accompanied him on 98 percent of them, Matt said.

“Even if he wasn’t scheduled to work that day he would say ‘I’m going with you’,” said Matt.

Matt left Iraq not knowing if he would see his friend again. He told him to think about immigrating to the states.

Alsaed was able to do so using the Special Immigrants Visa Program, and the Selphs became his sponsor.

He started working with the coffee trucks which drive to their customers and eventually became the manager for the store, Krista said. He makes sure everything is taken care of and helps out where he is needed.

One of the things Big Mac enjoys about managing the store is creating some of the drinks they feature there.

“I like to look at the flavors and see what matches, for example coconut and chocolate,” Alsaed said.

The baristas and even customers sometimes have new recipes, and if people like it the shop will keep it, Alsaed said.

Given the rapid pace of today, Big Mac’s goal is to have every customer leave happy, Alsaed said.

The Beans

With Matt deploying next year to Afghanistan, the future of Bearclaw is unclear. One option is for the Bearclaw to leave the franchise and become an independent store, Krista said. Another option is to sell the store, while another is to hire a professional manager, Matt said.

Regardless of what happens, the Selphs will make those decisions together and work hard now and in the future, Matt said.

For now, one thing is certain. A good cup of joe can still be found just outside For Knox’s Wilson gate. ■

Duke Association wants to honor past, influence future

Story by Sgt.. John P. Zumer
3/1 IBCT Public Affairs

Taking care of fellow Soldiers has long been the motto for every service member, regardless of rank. Usually it implies making certain Soldiers are healthy, paid and that all aspects of their lives are safe and sound. In the case of Maj. Steve Smith and others, it also means remembering those who can no longer sound off.

Smith is the president and one of the charter members of the Duke Association, a realization of the vision of leaders and veterans of the Duke Brigade. The group is dedicated to remembering the ultimate sacrifices paid by former Duke Soldiers and feels the best way to honor the memory and service of their fallen is to build a memorial. That desire served as the impetus for launching the new organization.

“It came into existence to build the memorial and to support other morale projects involving Duke Soldiers, said Smith.

He and others felt combining the sacrifices of 3/1 Soldiers into existing memorials scattered across the nation wasn’t adequate.

Smith said the sentiment among the group was that it would be more fitting to honor the Duke Brigade Soldier separately, outside of larger, all-encompassing memorials.

The memorial is modeled after the 1st Cavalry Division’s memorial at Fort Hood, Texas, with separate markers for each of the six battalions in 3/1 being featured. Individual names of Soldiers who have fallen in Iraq or Afghanistan since 2001 will be featured on each battalion’s marker.

Smith, echoing the attitude of the group, said that such a memorial, ideally placed near the common area shared by the battalions comprising 3/1, would help to create a history at Fort Knox. The 3/1 IBCT is a relative newcomer to Fort Knox, having only arrived from their previous posting at Fort Hood, Texas, last fall.

“Our goal is to have the memorial completed prior to returning,” said Smith, referring to the upcoming 3/1 deployment to Afghanistan slated for later this year.

The memorial, however, won’t come cheap.

“We’re expecting the monument to cost between \$100,000 - 150,000,” he said. The Duke Association consulted the developer of the Fort Hood memorial to obtain some design details and cost projections. Fundraising only began on Sept. 15, said Smith, and the hope is to have the majority of funds raised before 3/1 leaves for their deployment.

The intent is to approach all Duke Brigade Soldiers to see if they’re interested in donating, but no one will be pressured or coerced to join, said Smith. Members will be entitled to discounts at many local restaurants and eligible for raffles that will award further prizes, he said.

Smith said the Duke Association has created a website at www.dukeassociation.org, where anyone interested can learn more about the cause or join up. He hopes that many will, and as far as he’s concerned it’s hardly comparable to what others have already paid.

“We, as current and former members of the Duke Brigade, owe it to the Soldiers listed on the memorial to have something worthy of their sacrifice,” said Smith. ■



Celebrate *your differences*

Our country was once known as the melting pot. It took many different cultures to build the nation we call America today.

Our Army can be considered a part of that melting pot. Not only does the Army consist of many different cultures, but so does the Soldiers Families. Every installation you visit has a different variety of cultures present. Here in the Duke Brigade, there are many different cultures and religions, which make our Brigade so strong. Notice the Soldier and his or her family members around you and you will see this very diverse culture that we wake up to everyday.

The United States of America celebrates these different cultures throughout the year. Soldiers and Family members of the Duke Brigade as well as the rest of the Army are provided with the opportunity to attend these observances in order to increase their awareness of other cultures. There are eight observances that the Army celebrates each year; however, the President of the United States signs proclamations throughout the year that celebrate the other cultures that are not mandated by the Army.

Ethnic and Special Observances

- January: Martin Luther King, Jr. Birthday**
When: Third Monday
- February: African-American/Black History Month**
When: Entire Month
- March: Women’s History Month**
When: Entire Month
- April/May: Days of Remembrance**
When: Sunday to Sunday for week
- May: Asian Pacific Heritage Month**
When: Entire Month
- August: Women’s Equality Day**
When: 26 August
- Sep/Oct: National Hispanic Heritage Month**
When: 15 Sep to 15 Oct
- November: National Native American Indian Heritage Month**
When: Entire Month

Presidential Proclamations can be found at the following link:

http://www.whitehouse.gov/the_press_office/Presidential-Proclamation-National-Cybersecurity-Awareness-Month/

A decision not easily made

Story by Master Sgt. David Burgoon
3/1 IBCT Retention

The decision to re-enlist is not simply a decision to be made by the service member. It is a decision to be made by the Family. The Duke Retention team is dedicated to assisting not only the service member but the entire Family. The Duke Retention team highly encourages the service member to bring their significant others to their retention counseling so that they may be better involved in the decision making process.

The decision to re-enlist impacts many facets of family life. It can involve permanent change of station, reclassification, stabilization and education. This can affect the family in a variety of ways to include a change in location, schools and employers.

The Duke Retention team is prepared to answer any questions the service member or family member may have. The Duke Retention team can be found in Building 2374 on Hell On Wheels Ave. and consists of the Brigade Senior Career Counselor,

- MSG Burgoon at 626-REUP,**
- 2-2 IN, SFC McConkey at 624-4028,**
- 1-26 IN, SSG Burge at 624-4036,**
- 6-4 CAV, SSG Williams at 624-1222,**
- 1-6 FA, SSG Perry at 624-1555, 201st BSB,**
- SSG Edwards at 624-3976, and STB,**
- SSG Augustyne at 624-3960.**

3/1 IBCT Family Readiness News

A combat deployment is one of the toughest challenges a Family can face. But not to worry, no one has to go through this time alone. There are many resources available locally and nationally that are designed specifically to help Families cope with deployments.

The most important thing you can do, as a Soldier or Family member, is be involved in your unit's Family Readiness Group. We also now have an online virtual FRG, which can help families stay in contact even if they don't stay here at Fort Knox. To sign up for the virtual FRG, go to www.armyFRG.org and click on the "Find

an FRG" button in the top right corner. Then just select Kentucky, and scroll down until you find Fort Knox. Select your unit, fill out and submit the form you are presented with and that's it! You now have access to a wealth of resources specifically designed to help Families cope with long separations.

If you have any concerns, please contact your unit's FRG Leader or your Battalion representative, listed below. You will also find listed below several resources here to assist you, the Army Family.

Duty First!

Family Readiness Group Representatives

3/1 BCT FRG Leader/FRSA:

Jenny Toner, Dee Pumarejo and Ally Reese

1-6 FA FRG Leaders/FRSA:

Lila Vizzard, Sonya Session and Maggie Lynch

2-2 IN FRG Leader/FRSA:

Louise Streeter, Carolyn Tagalicud and Kristy Priest

3-1 STB FRG Leaders/FRSA:

Shannon Janovic, Kirsten Richardson

1-26 IN FRG Leader/FRSA:

Carrie Palaoro, Trish Thanheiser and LaShannda Harris

2-1st BSB FRG Leader/FRSA:

Christina Brown, Kitty Angelucci and Angela Beller

6-4 CAV FRG Leader/FRSA:

Martha Borowski, Cecilia Brownell and Melodie Proffitt

Deployment Resources

•**Military One Source** – This free service is provided by the Department of Defense for active-duty, Guard, and Reserve service members and their families. Military OneSource is here to help you with just about any need such as education, relocation, parenting, stress, and many others. Available by phone or online, their service is completely private and confidential, with only a few exceptions. <http://www.militaryonesource.com/MOS>

<http://www.militaryhomefront.dod.mil>

•**Army Community Services** – Equipping Families with the skills and support they need to face the challenges of military life. Classes, support and assistance are offered on a variety of subjects promoting Family Resiliency. <http://www.knoxmwr.com/centerACScenter/tabid/287/Default.aspx>

•**American Red Cross** - Offering assistance to our local military Families. Programs include sending emergency notification messages, financial assistance, disaster relief, training classes and holiday assistance programs. <http://www.louisville-redcross.org//Page.aspx?pid=335&srcid=350>

•**Angel Food Ministries** – Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing food relief and financial support to communities throughout the United States. Locally located at Stithton Baptist Church off 31W in Radcliff. <http://www.angelfoodministries.com/>

•**Operation Faithful Support** - Equipping and Empowering Spouses to Engineer Strong Marriages Throughout Deployment and Reintegration. Locally meeting will be held at the Heritage Christian Church on Knox Blvd in Radcliff. For more information please contact founder: jillbozeman@att.net

•**Operation HomeFront** - provides emergency financial and other assistance to the Families of our service members and wounded warriors. Assistance with moving, disaster relief, auto repair, food and financial assistance. <http://www.operationhomefront.net/wehelp.aspx>

•**Surviving Deployment** – Information and resources for military families. A variety of articles, books, links and events relating to deployment are offered. <http://www.survivingdeployment.com/>

•**DOD Military Homefront** – DOD official website providing information on quality of life programs and services for all branches of the Armed Forces.

Attention Duke Brigade

You are cordially invited to attend



Fort Knox Infantry Ball

WHEN: Thursday, Nov 4, Cocktail reception begins at 1730, dinner served at 1830

WHERE: Louisville Crown Plaza Airport

WHO: Open to all ranks, all Infantry men, all Duke Soldiers, supporters of the Infantry, Family members, and their guests

WIN RAFFLE PRIZES
Each ticket holder will automatically be entered to win!

PRIZES INCLUDE:
-2 Black Powder Pistols
-X-Box
-Playstation 3
-and many more

Childcare available onsite!
RSVP to unit representatives soon

Menu: Bistro filet medallions of beef w/ red bliss mashed potatoes and market vegetables
-Pan seared double breast of chicken served w/ rice and market vegetbales
-Vegetarian meal w/ crown pasta, sun dried tomatoes and asparagas

PRICES:
E8 and up: \$50
E7: 45
E6: 35
E5: 30
E4 and below: 25

For more information contact 2nd Lt. Christina Rankin, christina.rankin@conus.army.mil, (502) 626-9643